



# EMERGENCY KIT SHOPPING LIST

Following a disaster, you may need to stay at home with your emergency kit. Gather and organize your emergency supplies now so you're ready when disaster strikes.

- First Aid kit and medications
- A 3-day to 1-week supply of non-perishable food and manual can opener
- Garbage bags, moist towelettes and plastic ties for personal sanitation
- 4 litres of water, per person, per day, for 3 to 7 days for drinking and sanitation
- Dust mask to help filter contaminated air
- Seasonal clothing and footwear
- Battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight with extra batteries
- Whistle to signal for help
- Cell phone with chargers, inverter or solar charger
- Copy of your emergency plan, important documents and cash in small bills

**PARTNERS IN  
PREPAREDNESS**  
**Let's get ready.**



Learn more about emergency preparedness at [www.preparedbc.ca](http://www.preparedbc.ca)

Partners in Preparedness is a program from PreparedBC and BC retailers.